The SEWHC First Aid Station Manual

Providing Earth-Based Care to Wise Women & Children

Lorna Mauney-Brodek, Herbalista
www.HERBALISTA.org
2014 edition

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WELCOME

Each year the SouthEast Women's Herbal Conference sets up camp at Lake Eden outside of Black Mountain, NC. Over 1000+ women and children attend this 3 day event in the early fall. Our first aid station is tasked with providing earth-based care for this temporary village. All of our services and remedies are offered free. For many, a visit to our clinic facilitated their first healing experience with herbal medicine, illuminating the vital link between true health and nature.

Establishing some basic protocols provides us with some sense of stability and calm, vital touchstones when serving in the delicate and often unpredictable sphere of health care. The following pages contain information regarding how we stock and staff the clinic, including some of the forms we use. It is lovingly a work in progress, and as we continue to serve, we evolve our practices and will update this manual that was first compiled back in 2012.

A special thanks to the Appalachian School for Holistic Herbalism (ASHH), Red Moon Herbs, Traditional Medicinals for supporting the clinic all these years. After many years of both serving and coordinating this clinic, I have compiled this manual as an offering to other herbalists who wish to provide similar services in their neck of the woods.

In the spirit of building community through herbalism!

Herbalista Lorna

••• STAFF•••

Center Coordinator

"Holds it down." The clinic coordinator is responsible for assembling the staff each year, generating the schedule, securing supplies and overseeing the clinic throughout the weekend. The coordinator must be prepared to handle difficulties as they arise in an efficient and compassionate way.

HerbMedic(s)

The HerbMedic conducts intakes and makes health recommendations. They must have both an intimate knowledge of the herbs and other medicaments available at clinic and appropriate observation skills. They formulate remedies, respectful of the individual needs of the patient. We encourage all of our HerbMedics to have a current certification in CPR/First Aid.

EMT / Paramedic

We always have at least one paramedic on staff. EMT's and Paramedics have well honed assessment skills and are trained in "red flags." Since we don't operate in an herbal vacuum, but within the current medical structure of the USA, they are also a vital link between our work at the clinic and the emergency medical system, if we need to tap into those resources.

SEWHC First Aid Station Staff, October 2014
Jaime, Stephanie, Kelsey, Katherine, Darlene, Lorna and Teri

TYPICAL SCHEDULE

Services are available 24 hours a day with always a minimum of 2 persons on staff at all times. We have a couple of beds within the clinic where night staff sleeps and can be awakened as needed.

Daytime staffing runs from 8am – 9pm. We arrange the schedule in advance based on a few criteria:

1. The staff members are volunteers and are not paid for their services. While they love what they do as clinicians, we also hope that they have a chance to attend the classes they desire while at the conference. Each clinician submits a list of 5 classes they wish to attend and the coordinator does her best to schedule them around those classes.
2. The busiest times at clinics tend to be in between classes. For that reason we try to do shift changes at mealtimes when there is a bit more wiggle room. Since meals aren't at equal intervals through the day, some shifts are shorter than others. The coordinator tries to equalize the total hours a volunteer works over the course of the weekend.
3. Since we work in pairs, the coordinator tries to generate a schedule that changes up the pairings with each shift so that we have the opportunity to do plenty of skill sharing with each other.

SAFETY & SANITATION

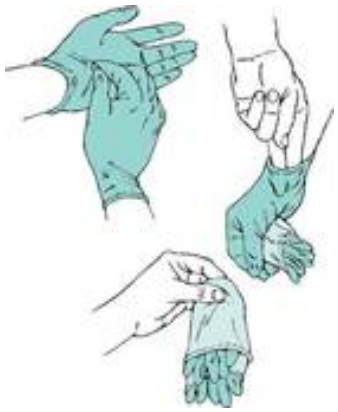
ALWAYS CONSIDER BOTH THE PATIENT AND PRACTIONER

STANDARD GLOVE PRACTICE (as required)

- Change gloves between every patient. Wash hands after glove removal.
- Do not touch "clean" supplies with dirty gloves. Either change gloves before handling supplies or touching common surfaces, or ask someone with clean hands to assist.

SAFE REMOVAL OF CONTAMINATED GLOVE

- Pinch one glove with your fingers from the outside.
- Pull the glove off, turning the inside of the glove outwards.
- To avoid contamination of your environment, hold the removed glove in your still gloved hand.
- Slide your finger from your glove free hand under the remaining glove.
- Pull the glove outwards and towards your finger tips. As you do this, the first glove will be encased in the second glove. The inside of the second glove will also be turned outwards.
- Grab the gloves firmly, by the uncontaminated surface (the inside of the glove that was originally touching your hand).
- Dispose of the gloves properly.



MASK / EYE PROTECTION (GOGGLES)

Wear as needed to protect lungs and eyes. Wipe goggles thoroughly with alcohol swabs after use.

HAND WASH STATION

Thoroughly cleanse hands between patients or additionally as needed. Wash for at least 20 seconds (Sing the "Happy Birthday" song 2x's).

WASTE

Properly label and dispose of all waste.

"RED FLAGS"

All staff is encouraged to keep current with CPR and first aid training. We have an open radio channel to our paramedic on staff.

CONTRAINDICATIONS

We keep appropriate resources on hand to consult for any possible contraindications due to health conditions or current therapies our visitors might be on. (See Resources section.)

...FLOW...

CLINIC SET-UP

The coordinator with 1 or 2 members of staff sets up the clinic on the night before the event begins. This gives us opportunity to request any items forgotten from the later arriving staff members.

SMUDGE

Each morning before clinic begins we smudge the space. Whether this is for energetic clearing, or microbial clearing, it helps keep the space feeling good for both staff and visitors.

INTAKE

When someone enters the clinic, log them in using the form on page 9. This form reminds us of the questions that are absolutely vital before offering herbs (allergies, pregnancy, current medications, can someone take a remedy prepared in alcohol, etc....)

DISPENSING

For more detail, see Apotheke Concerns on the next page.

The sweet little cabin we held clinic in until 2013

APOTHEKE CONCERNS

DISPENSING REMEDIES

Based on presenting complaints, a variety of recommendations are possible. We offer tinctures, teas, powders, syrups, wound care, and more. As the weather has just turned cold, we deal with a lot of "wind/cold invasion" and have found that dispensing remedies into hot teas are especially effective. We keep hot water at the ready and thanks to donations from Traditional Medicinals, we have a plethora of teas to offer, fortified with tinctures and syrups.

REDOSING

Taking additional doses throughout the day can be essential to reestablishing good health. In the past, we would ask a visitor return repeatedly, but found low compliance, as the conference schedule is hectic. Now we send folks with their repeat doses in plastic 1 oz. bottles. These bottles come with a lined cap, not a dropper, to save costs.

*Always clearly label your bottles with complete ingredients and dosage instructions.

DOSING WITHOUT A DROPPER

Use the cap as the measuring device. The cap holds 4 mils and ½ cap holds 2 mils. If we want to do a smaller dose than that, we simply dilute with water. One bottle holds around 8 capfuls total. Decide your dose, multiply by 8 and fill the rest of the way with water.

Low Dose (i.e. Anemone) If a 5 drop dosage is desired, multiply 5 X 8 which equals 40. Place 40 drops in the bottle, fill with water and on the instructions say "Take 1 capful as needed." It follows that with each capful, the patient is getting 5 drops of anemone. Or if we need more doses in the bottle, place 5 X 16 = 80 drops in the bottle, fill the rest with water and say "Take ½ cap as needed" and thereby provide 16 individual doses of 5 drops each.

FORMS

FIRST AID LOG SHEET (BASIC INTAKE & CONSENT)

This intake stripped down to its most basic necessities and also provides a place to indicate issue and remedy dispensed.

THE HERBALISTA FREE CLINIC LOGBOOK

By signing below, I understand the staff of this center are not licensed medical doctors and do not diagnose or prescribe. I understand that the herbs and other recommendations I receive are traditionally considered safe. I assume all responsibility for decisions I make regarding my health.

NAME Initial / FU PREG / BF AGE MEDS

SIGN X Alc: Y / N ALLERGIES

ISSUE

REMEDY

NAME Initial / FU PREG / BF AGE MEDS

SIG X Alc: Y / N ALLERGIES

ISSUE

REMEDY

NAME Initial / FU PREG / BF AGE MEDS

SIG X Alc: Y / N ALLERGIES

ISSUE

REMEDY

NAME Initial / FU PREG / BF AGE MEDS

SIG X Alc: Y / N ALLERGIES

ISSUE

REMEDY

NAME Initial / FU PREG / BF AGE MEDS

SIG X Alc: Y / N ALLERGIES

ISSUE

REMEDY

SUPPLIES CHECKLISTS

GENERAL SUPPLIES

Dispensary Supplies

- Plastic 1 oz. Bottles
- Quart Ziplocs
- Snack size Ziplocs
- 2x3 Ziplocs
- Paper Lunch Bags
- Muslim Bags
- Dosage Cups (paper)
- Dosage Cups (plastic)
- Labels / Tape / Pens
- Stir Sticks
- Scoops / Spoons

Cleaning/Sanitizing

- Povidine Surgical Scrub
- Spray Cleaner
- Hand Sanitizer
- Hydrogen Peroxide
- Dish Soap / Sponge
- Trash Bags
- Tissues / Paper Towels

Paperwork

- First Aid Log Sheet
- Afterhours Signage
- Feedback Forms
- Clinic Schedule to Post
- Urgent Care Information
- Hospital Directions
- Clipboards (3)

Protection

- Gloves (S, M, L)
- Masks

Linens

- Bath Towels (10)
- Dish Towels (5)
- Twin Bed Sheets (5)
- Blankets (5)
- Healing Shawls
- Privacy Scarves (5)
- Compress Cloths
- Table Cloth

Tool Box

- Tape (duct, masking)
- Sharpies
- Sign Making Materials

Other

- CLEAN WATER!
- Moxa Sticks / Holder
- Stainless Trays (3)
- Foot/Hand Soak Tub (2)
- Tincture Risers
- Dish Drying Rack
- Folding Tables (2)
- Flash Light / Headlamp
- Electric Kettle
- Percolator
- Water Pitcher
- Heater
- Extension Chords / Strip
- Alter Supplies
- Smudge Supplies / Lighter
- Lots of Elderberry Syrup!

Self-Help Station

Setting up a self-help station for simple items is a good idea, as it will take pressure off of the first aid station (especially during busy times like in between workshops.) We keep a hot water dispenser and tea at our self-help station to encourage the ladies to drink plenty of fluids and stay warm during the colder nights.

Table
Trash Can
Hot Water Dispenser
Tampons / Pads
Alcohol Swabs
Gloves
Band aids
Sunscreen
Bug Spray
Aloe

Cough Drops
Signage
Tea Bags

- Throat Coat
- Nettles
- Breathe Easy
- Chamomile
- Red Rasberry
- Gypsy Cold Care

This sign is actually from the self service station at the Rainbow Gathering in 2012. Gotta love it.

TINCTURE KITS

LEFT TO RIGHT: Run Kit, Chest 4 oz. Bottles, Chest 2 oz. Bottles

HERBALISTA FREE CLINIC RUN KIT 1OZ. BOTTLES

The Run Kit zips closed and is used to make tent and cabin calls

Achillea millefolium	Ligusticum porter	
Albizia julibrissin	Lobelia inflate	
Ambrosia sp.	Matricaria recutita	
Anemone occidentale	Menthe piperita spiritus	
Avena sativa	Monarda Honey Brandy	
Calendula officinalis	Passiflora incarnate	Cardamom
Ceonothus	Pedicularis canadensis	Cinnamon
Chaparro Amargosa	Piper methysticum	Fennel
Commiphora myrrha	Piscidia piscipula	Orange
Corydalis	Rosa sp.	
Dioscorea villosa	Sambucus canadensis	
Echinacea MPS	Scutellaria lateriflora	
Eupatorium perfoliatum	Valeriana officinalis	
Hydrastis canadensis	Viburnum prunifolium	
Hyssopus officinalis	Zingiber officinale	

Herbalista Free Clinic Tincture CHEST First Aid

Verbena hastata	Viburnum prunifolium	Vitex agnus-castus	Withania somnifera	Zanthoxylum clava-herculis	Wormwood Black Walnut	Dry Mouth	Neutralizing Cordial
Szygium aromaticum	Tabebuia avellanedae	Tanacetum parthenium	Trifolium pratense	Turnera diffusa	Urtica dioica	Usnea sp.	Verbascum thapsus
Panax quinquefolius	Phyllanthus emblica	Piscidia piscipula	Rhodiola rosea	Rosemarinus officinalis	Rubus fruticosus	Sambucus nigra (flowers)	Serenoa repens
Ligusticum porteri	Lobelia inflata	Lycium barbarum	Mahonia	Monarda Honey Brandy	Monotropa uniflora	Nepeta cataria	Ocimum sanctum
Glycyrrhiza glabra	Grindelia robusta	Hydrastis canadense	Hypericum perforatum	Hyssopus officinale	Inula helenium	Leonurus cardiaca	Ligusticum canadense
Crataegus monogyna	Curcuma longa	Dioscorea villosa	Elettaria cardamomum	Eleuthero senticosus	Eschscholtzia california	Eupatorium perfoliatum	Filipendula ulmaria
Avena sativa ACV	Capsicum	Centella asiatica	Ceonothus cuniatus	Cinnamon	Citrus sinensis	Collinsonia canadensis	Corydalis yanhusuo
Actea racemosa	Ambrosia	Anemone multifida	Anemopsis californica	Angelica sinensis	Aralia racemosa	Arctium lappa	Arnica cordifolia

This chest holds 64 – 2 oz. bottles. Lime green indicates non-alcoholic preparation.

Herbalista Free Clinic Tincture CHEST First Aid

Slow the Flow	Rosa damascena	Sambucus canadensis	Scutellaria lateriflora	Valeriana officinalis	Zingiber officinalis
Sister Heart	Matricaria recutita	Melissa officinalis	Passiflora incarnate	Pedicularis canadensis	Piper methysticum
Neutralizing Cordial	Calendula officinalis	Echinacea MPS	Echinacea MPS	Ganoderma lucidum	Foeniculum vulgare
Go with the Flow	Achillea millefolium	Albizzia julibrissin	Astragalus membranaceaus	Avena sativa	Chaparro amargosa
Bitters					

This chest holds 64 – 2 oz. bottles. Lime green indicates non-alcoholic preparation.

Slow the Flow: Yarrow and Shepard's Purse
Sister Heart: Mimosa, Rose, and Hawthorne Berry
Neutralizing Cordial: Rhubarb, Cinnamon, Peppermint Spirits, Goldenseal, Potassium carbonate, Simple Syrup.
Go with the Flow: Wild Yam, Black Haw, Skullcap, Cinnamon, Orange Peel, & Clove
Bitters: Gentian, Fennel, Ginger, Orange Peel, & Cardamom

Herbalista Free Clinic
Dry Herb CHEST

Calendula
Catnip
Chamomile
Chaparral
Fennel
Ginger
Hibiscus
Hyssop
Lavender
Lemon Balm
Linden
Marsh. Root
Monarda
Mullein Leaf
Nettles
Pau D'arco
Raspberry Leaf
Thyme
Tulsi Basil
Turmeric
Uva Ursi
White Oak Bark
Yarrow

Tools
Strainer
Scale

Herbs in Tea Bags
Breathe Easy
Calendula
Chamomile
Cham & Lav.
Fennel
Ginger
Gypsy Cold Care
Hibiscus
Nettles
Peppermint
Raspberry Leaf
Throat Coat

Herbalista Free Clinic Pill & Potion Case

Essential Oils
Lavender
Olbas
Po Sum On
Tea Tree

Herb Cap/Candy
Cough Drops
CranStat Extra
Culing Pills
Electrolytes
Ginger Candy
Super Quercitin

Homeopathics
Arnica
Rescue Remedy

Oils
Ear Oil

Other
Bug Spray
Moxa Stick
Hot Patches
Sea Salt
Sulfer Powder
Sunscreen
Hydrogen Peroxide

OTC
Allergy (Diphenhydramine)
Baby Aspirin
Calamine
Glucose
Ibuprofen
Tylenol

Tea Bags
Breathe Easy
Calendula
Chamomile
Fennel
Ginger
Gypsy Cold Care
Lavender
Marshmallow
Throat Coat
Tobacco (loose)

Tools
Flashlight
Thermometer
Baby Spoon
Measuring Cup

Wound Care Kit

Fairly accurate picture of supplies kept in this kit. Extra supplies brought to restock wound care kit, such as extra rolls of tape, bandaids, gauze pads, etc. This kit was bought at the hardware store and also can serve as an extra seat or stool as needed.

Ace Bandages
Activated Charcoal
Alcohol Swabs
Fabric Bandaids
- Finger / Knuckle
- Assorted Sizes

Benzoin Spray
Cotton Balls
Dosage Cups
Ear Bulb
Essential Oils:
- Tea Tree
- Lavendar

Eye Cup
Gauze Pads:
- sterile and non
- 4x4/3x3/2x2

Gloves (S,M,L)
Hand Sanitizer
Honey
Ice Pak
Irrigation Syringe
Lidocaine/Aloe Gel
Linament - Arnica
Masks
Oil
- Arnica
- Calendula
- St. John's Wort

Povidone Scrub
Saline
Salve
- Goldenseal/Calendula
- Muscle Rub/Tiger

Sam Splint
Second Skin
Sharpie
Soap
Styptic Powder
SurgiTube (fingers/toes)
Q-Tips
Tampons/Pads
Tape:
- Medipore
- Durapore

Tinctures:
- Calendula
- Goldenseal
- Propolis
- Turmeric

Traumeel
Triangular Bandage
Tools
- Clippers / Nippers
- Curette / Files
- Scalpel / Blades
- Trauma Sheers

Tweezers
Vet Wrap (Assorted)
Xeroform
Yunnan Baiyao Powder
Zinc Oxide Cream

Oils & Aromatics Case

Essential Oils

Bergamot
Cedarwood
Chamomile
Clary Sage
Eucalyptus
Frankincense
Geranium
Lavender
Lemon Balm
Marjorum
Olbas Blend
Patchouli
Rosemary
Sandalwood
Sweet Orange
Tea Tree
Thieves Oil
Vetiver

Spritzs

Rose Water
Thieves Oil
Lav/Tea Tree

Herbal Oils

Arnica
Calendula
Ginger
St. John's Wort

Other

Blank Sniffers

Books

- Aromatherapy for Healing the Spirit by Gabriel Mojay
- Encyclopedia of Essential Oils by Julia Lawless

••• RESOURCE LIBRARY••

A-Z Guide to Drug-Herb-Vitamin Interactions by Alan R. Gaby
Herb Drug Interactions by Francis Brinker
Merk Manual
Aromatherapy for the Spirit by Gabriel Mojay
Natural First Aid by Bridgette Mars
Naturally Healthy Babies and Children by Aviva Romm
The Childbearing Year by Susan Weed
Women's Encyclopedia of Natural Medicine by Tori Hudson
SWSBM Indications / Materia Medica Manuals by Michael Moore
International Medical Guide for Ships by WHO
The Natural Pregnancy Book by Aviva Romm
Herbal Medicine from the Heart of the Earth by Sharol Tilgner
Modern Herbal Medicine by Steven Horne and Thomas Easley

First Aid Station Resource Book
(Create your own sheets for quick and easy reference)

- Closest Hospital/ Pharmacy/ Urgent Care (extras to give away as needed)
- Herbs to Avoid in Pregnancy
- Herbs to Avoid when Breast Feeding
- Pre-Op Herbs to Avoid
- Interactions / Depletions / Contraindications Sheets
- Herbal First Aid Reference Sheets
- 7Song First Aid Handouts
- Dedj Leibbrandt's First Aid Handout
- Etc.

Herbalista First Aid

Lorna Mauney-Brodek
Herbalista.org

Basic Principles

Don't Create a Second Patient
Spread Calm
Gain Consent
Do No Harm
Stay within Your Scope
Self Care (Gloves)

Initial Assessment (ABC's)

A – Airway
B – Breathing
C – Circulation
D – Disability
E – Environment

Basic Medical History (take a 'SAMPLE')

S – Symptoms
A – Allergies
M – Medications (including recreational)
P – Past medical history
L – Last in (last ate and drank); Last out (BM and urination)
E – Events leading up to the incident

Pain Exam

O – Onset of Pain
P – Palliate/Provoke (Better/Worse)
Q – Quality (throbbing/stabbing/dull/radiating, etc.)
R – Region of body affected
S – Severity (1-10)
T – Timing

Herbalista
First Aid Repertory

Aches & Sprains

Tiger Balm/Olbas/Possumon
Arnica
Ginger
Pedicularis
Epsom Salt Soak

Allergic Reactions

Ambrosia (Ragweed)
Nettles
Eyebright
Super Quercitin
Ephedra**
Turmeric

Asthma

Lobelia**
Ephedra**
Oshá
Coffee/Caffeine

Bleeding

Shepard's Purse
Stiptic Pencil
Yarrow
Yunnan Paiyao
Cayenne
Pressure

Burns

Aloe Gel
Chamomile
Lavender

Cold Invasion

Ginger
Cayenne
Prickly Ash
Cinnamon
Cardamon
Black Pepper

Cold & Flu

Elderberry
Boneset
Ginger
Echinacea
Hyssop
Oshá

Constipation

Coffee
Hydration
Bitters
Triphala
Psylium Husk
Senna

Diarrhea

STRESS INDUCED	INFECTIOUS	BINDERS	ANTISPASMODICS
Chamomile	Activated Charcoal	Strong Black Tea	Wild Yam
Catnip	Garlic	Blackberry Rt	
	Berberine Plant		

Eye Irritation

Chamomile
Rose Water
Berberine Plant

Headache

Skullcap
Tiger Balm/Olbas
Feverfew

Heat Exhaustion

Rehydrate w/ electrolytes
Liter H2O -6 tsp sugar & ½ tsp salt
Watermelon
Chrysanthemum
Hibiscus

Immune Stimulants

Echinacea
Oshá
Ginger
Elder

Infection

Berberine Plant (Goldenseal, Yellow Root, Oregon Grape, etc...)

Yarrow	Lavender e.o.	Echinacea	Thyme
Calendula	Tea Tree e.o.	Garlic	Oregano
Propolis / Resins	Honey	Rosemary	Essentail Oils

Inflammation

Turmeric	Licorice	Meadowsweet
Chamomile	Calendula	

Insect Bites & Stings

Lavender e.o. Poultice (Tobacco, Plantain, or Chamomile

Insomnia / Agitation

Chamomile	Kava Kava	Valerian	Rose
Lavender	Skullcap	Passionflower	Fennel
Milky Oats	Lemon Balm	Mimosa	

Nausea / Digestive Upset

Ginger	Fennel	Peppermint

Pain (Nervine-Hypnotic-Sedative)

General

California Poppy
Indian Pipe
Skullcap
Kava Kava
Valerian
Ethanol

Nerve

Skullcap
St John's Wort
Traumeel Cream

Menstrual

Black Haw
Cramp Bark
Wild Yam
Ginger
Hot H20 Bottle
Hot Foot Soak
(Ginger or Mustard)
Liver 3 Acu Point

Gastric

Chamomile
Wild Yam
Fennel

Smooth Musc.

Black Haw
Wild Yam
Silk Tassel
Valerian

Skeletal Musc.

Pedicularis
Tiger Balm/Olbas
Camphor/Menthol
Lobelia**
Black Cohosh
Skullcap

Mouth/Gum

Clove

Poison Ivy

Jewelweed Succus Spritz	Chamomile Poultice	Clay
Hot Water	Oatmeal Bath	

Stress / Anxiety / Emotional Trauma

Lavender Essential Oil	Mimosa	Rose
Rescue Remedy	Skullcap	Hawthorne
Anemone**	Milky Oats	Breathwork

Teeth & Gums

Clove	Yerba Mansa	Propolis
Myrrh	Blood Root**	Prickly Ash

Wound Repair

Calendula	Comfrey	Aloe
Plantain	Marshmallow	St. John's Wort

HERBALISTA FREE CLINIC

Earth-Based Care for Underserved Communities

Support the Herb Bus

Please consider making a tax-deductible donation to support this greatly needed health resource. It is only through your support that we can continue to provide these services. Contributions of every amount will be deeply appreciated and carefully used. Donations can be made via check or PayPal.

Checks: Payable to **Baraka Foundation**
(Please write **Herb Bus** on the memo line)
c/o Lorna Mauney-Brodek
PO Box 17967
Atlanta, GA 30316

www.HERBBUS.org

Herbalista Free Clinic Apotheke Wish List

Thank you for considering donating herbal supplies to our clinic. We are a traveling botanical clinic and classroom, providing earth-based care to the homeless and other underserved populations in Atlanta and around the country. We compound and dispense free herbal remedies for our patients. Your support will help sustain our efforts!

Below is a list of items we are either currently low on or dispense at a high rate. We care deeply about the health of our patients, so please, only send well-cared for medicaments as specified below, paying special attention to proper labeling. If you have any questions and for shipping information, please contact Lorna at Lorna@Herbalista.org. Viva la Herb Bus!

TINCTURES

All tincture labels MUST include the following:
Botanical name / Date / Part Used / Fresh or Dry / Lot # / Contact info
Menstruum description - % and type of alcohol/glycerin/ACV used (i.e. 60% organic cane alcohol)

Am. Ginseng – *Panax quinquefolius*
Astragalus – *Astragalus membranaceus*
Black Cohosh – *Actea racemosa*
Damiana – *Turnera diffusa*
Dong Quai – Angelica sinensis
Echinacea – *Echinacea sp.*
Fennel – *Foeniculum vulgare*
Ginger – *Zingiber officinale*
Hawthorn Berry– *Crataegus spp.*
Lemon Balm – *Melissa officinalis*
Kava Kava – *Piper methysticum*
Milky Oats – *Avena sativa****
Mimosa Fl. /Bark – *Albizzia julibrissins*
Motherwort – *Leonurus cardiac*
Pedicularis – *Pedicularis spp.*
Reishi – *Ganoderma lucidum*
Rose – *Rosa spp*
Skullcap – *Scutellaria sp.*
Tulsi – *Ocimum tenuiflorum*
Valerian– *Valeriana officinalis*

DRY HERBS

Please label with the following information:
Botanical Name / Plant Part / Date harvested / Source (organic / ethically wildcrafted, place of origin)

Astragalus – *Astragalus membranaceus*
Burdock Root – *Arctium lappa*
Calendula – *Calendula officinalis*
Dandelion Lf/Rt – *Taraxacum officinale*
Fennel – *Foeniculum vulgare*
Lavender – *Lavendula spp.*
Lemon Balm – *Melissa officinalis*
Lycii Berries – *Lycium chinense*
Marshmallow – *Althea officinalis*
Mullein – *Verbascum Thapsus*
Nettles – *Urtica dioica*
Oat Tops / Oat Straw – *Avena*
Red Clover – *Trifolium pratens*
Reishi - *Ganoderma*
Rose Petals – *Rosa spp.*
Triphala Powder
Tulsi Basil – *Ocimum tenuiflorum*
Turmeric – *Curcuma longa*

TEA BAGS

Ginger
Chamomile
Gypsy Cold Care
Throat Coat
Breathe Easy

APOTHEKE SUPPLIES

½, 1, 2, & 4 oz amber bottles
Quart & ½ gallon ziplock
Vegetable Glycerine

CAPSULES & TABLETS

CranStat Extra by Vitanica
Milk Thistle Capsules
Cough Drops
Super Quercitin by Bluebonnet
Vitamin C

FIRST AID SUPPLIES

Durapore / Medipore Tapes
Assorted Non-Stick Gauze (2x2, 4x4)
Assorted Non-Sterile Gauze (4x4)
Vet Wrap (2”, 3”, 4”)

TOPICALS

Lavender Essential Oil
Tea Tree Essentail Oil
Olbas Oil Blend
St. John’s Wort Infused Oil
Arnica Infused Oil
Rose Water
Zinc Oxide Cream (Weleda, California Baby, etc.)